

Adult Fitness

BUST A GRIND BOOT CAMP

Are you ready to kick-start your fitness program? Then join us for "Bust a Grind" Boot Camp Challenge! This three-week group exercise program will give you a total body workout like you've never seen before. Each day there will be something new including use of kickboxing techniques, stability balls, dumb bells, resistance bands, bosu trainers and so much more!

Instructor: Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
5690.101	1/4-1/22	M/W/F	5am-6am	18yrs+	9
5690.102	2/1-2/19	M/W/F	5am-6am	18yrs+	9

Resident: \$155 / CRC Member: \$150

Non Resident: \$165 / CRC Member: \$160

WEIGHT TRAINING FOR WOMEN

This six week one-hour class is an intensive group experience using Cybex strength training equipment and free weights. Topics such as anatomy, physiology, fat loss and cardiovascular conditioning will be discussed. This course gives you the opportunity to workout next to a Fitness Coach so personalized instruction is guaranteed. This class also gives you an opportunity to meet other people. For more information or to register please see the Welcome Center.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Activity#	Date	Day	Time	Age	Sessions
5631.101	1/4-2/8	M	12pm-1pm	18yrs+	6

Resident: \$55 / CRC Member: \$45

Non-Resident: \$75 / CRC Member: \$65

FAMILY YOGA

(Parents, 6months+)

This class promotes involvement of mothers-to-be and parents with their toddlers. It is designed to offer a unique opportunity for parents and children to develop a relationship and bond. The elements of yoga will be implemented and modified for both parents and children who are participating in this class.

Instructor: Amy McElroy

Location: Centennial Recreation Center

Activity#	Date	Day	Time	Age	Sessions
4690.105	1/5-1/26	T	9:30am-10am	6months+	4
4690.106	2/2-2/23	T	9:30am-10am	6months+	4
4690.107	3/2-3/23	T	9:30am-10am	6months+	4
4690.108	4/6-4/27	T	9:30am-10am	6months+	4

Resident: \$25 / CRC Member: FREE

Non Resident: \$30 / CRC Member: FREE

YOGA

Yvonne Bannister is qualified, certified and trained in the instructional art of yoga. This is a class complete with instructional techniques on yoga, proper breathing, form, posture, breathing, and poses.

Instructor: Yvonne Bannister

Location: Cultural and Community Center, Mira Monte Room

Activity#	Date	Day	Time	Age	Sessions
4690.101	1/5-1/26	T	6:30pm-7:25pm	8yrs+	4
4690.102	2/2-2/23	T	6:30pm-7:25pm	8yrs+	4
4690.103	3/2-3/23	T	6:30pm-7:25pm	8yrs+	4
4690.104	4/6-4/27	T	6:30pm-7:25pm	8yrs+	4

Resident: \$45.00 / CRC Member: FREE

Non Resident: \$55.00 / CRC Member: FREE

PERSONAL TRAINING

Our personal training program is individualized and specifically tailored to fit your needs. Our certified trainers will guide you through a customized program, which will get you the results you need in the fastest and most effective way possible. You will be instructed in all components necessary to alter body composition, including the use of proper bio-mechanics, anatomy, physiology and much more. A courtesy Body Composition Assessment will be provided to optimize your Personal Training goals. If you would like a Nutritional Consultation with your Personal Training Package, there will be a small fee of \$35.00.

For more information or to register please contact the Welcome Center.

Location: Centennial Recreation Center

Fees: \$70 per session (Individual sessions)

\$330 6-session package @ \$55 per session

\$528 12-session package @ \$44 per session

\$688 16-session package @ \$43 per session

\$756 18-session package @ \$42 per session

\$936 24-session package @ \$39 per session

Personal training is only available for CRC facility members. The first session is an assessment session that will help the trainer establish the level of fitness of each individual to help determine training methods and to meet clients goals



KIDS' ZONE

Child care while you work out.

Free to CRC Members, drop in fee for non-members \$4.

Ages 6wks-12yrs.

Parent/Guardian must remain in building at all times.

M-F 8:00am-8:00pm

SA 8:30am-1:30pm

SU 8:30am-12:00pm

Monthly Activity Calendar online at www.mhcr.com

ADULT